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DESCRIPTORS

*Career Opportunities: *Employment Opportunities:

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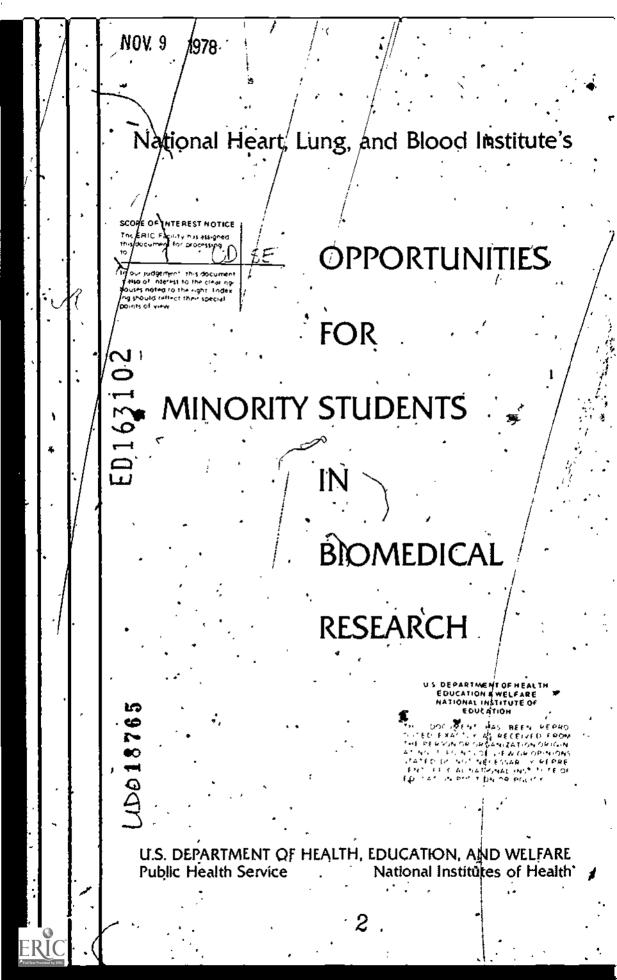
IDENTIFIERS

*Biomedical Research

ABSTRACT

Information in this pamphlet provides the science student with ideas about where to look for career opportunities in hiomedical research and what further information to seek. The primary research programs of each division of the National Heart, Ivng and Blood Institute are outlined and are accompanied by descriptions of important-research areas and suggested fields of study. At the end of each description is a grid which cross references certain fields of study to the research programs described in the pamphlet. (Author/WI)

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PREFACE

Minority students in the sciences should consider a future in biomedical research. If a college or graduate student is interested in the biomedical field, what academic programs might he or she pursue in graduate school? What specific topics might be part of the study requirements for a graduate degree?

Opportunities for well-prepared, serious researchers are often available through the National Heart, Lung, and Blood Institute (NHLBI) of the National Institutes of Health. The mission of NHLBI is to provide leadership for a national research program in diseases of the heart, blood vessels, blood, and lungs — diseases that affect more than 30 million Americans at an annual cost of more than \$40 billion. The NHLBI plans, conducts, fosters, and supports an integrated program of research, investigations, clinical trials, and demonstrations related to the causes, prevention, diagnosis, and treatment of heart, blood vessel, blood, and lung diseases through research performed in its own facilities and through the sponsorship of grants and contracts to scientific institutions and individuals. There is hope for prevention and cure of these diseases through scientific research, application of knowledge, and health education.

This pamphlet describes areas of biomedical research sponsored by the three Divisions (Heart and Vascular Diseases, Lung Diseases, and Blood Diseases and Resources) of the NHLBI and provides examples of academic disciplines that help prepare a scientist for research in those areas. For further information, contact:

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Bethesda, Maryland 20014

ABOUT THIS PAMPHLET.

Information in this pamphlet provides a basic index that will give the science student ideas about where to look for career apportunities in biomedical research and what further information to seek. If you are a graduate student, you already have some knowledge about the various research programs described, but, if you are an undergraduate, you are not expected to be knowledgeable about the research areas yet. As an undergraduate student in a science curriculum, you are busy with the foundation courses in science and may be preparing for a career or for further study after graduation. If you intend to go to graduate school, you will soon encounter some of the concepts presented in this pamphlet. If any of the research areas are of interest, you may want to start now by reading about that area and consulting a science advisor about graduate schools that offer the best programs in that subject.

The primary research programs of each Division of the National Heart, Lung, and Blood institute are described briefly and are accompanied by a list of important research areas plus a list of suggested fields of study. At the end of each description; a grid is included that cross-references certain fields of study to the research programs discussed in the pampblet.

Although an interdisciplinary approach to research is often appropriate for studies leading to a graduate degree, a student should probably select one field as a major subject. Certain fields of study, however, are fundamental to almost all biomedical re- search — especially biophysics, biochemistry, physiology, biostatistics, and techniques in the automated analysis of data.

If you have already narrowed your interests to a particular area of research, such as arteriosclerosis in animal models, then you may want to make inquiries about specific opportunities in Biomedical research.

DIVISION OF HEART AND VASCULAR DISEASES

The Division of Heart and Vascular Diseases conducts and sponsors research into the epidemiology, causes, and basic biological methanisms and processes of heart and blood vessel diseases, as well as programs for prevention and control of these diseases. Although most of the research supported is fundamental and investigator-initiated, research is being emphasized in areas such as sudden cardiac death, hypertension, heart muscle damage after acute heart attacks, noninvasive diagnostic techniques of heart and vascular diseases, and animal models of these diseases.

RESEARCH PROGRAMS

1. Arteriosclerosis

Arteriosclerosis, or "hardening of the arteries," is the most common serious disease in Western society. It is a chronic, progressive, pathologic change in which the inner lining of the arteries becomes rough, thick, hard, and covered with lipid-rich plaques. Eventually, the inner diameter of the vessels decreases and blood flow diminishes or stops completely.

Fields of Study

Behavioral Sciences Biochemistry Bioeng ineering. Biostatistics Cell Biology : El ectrophysiology Epidemiology Genetics. Nutrition Pathogenetics. Pathology Pharmacology Physicai Chemistry Physiology Radiography Rehabilitation

Areas of Research

Etiology and pathogenesis of arteriosclerosis

Diagnosis: Invasive and noninvasive techniques to determine arterioscierotic changes in blood vessels, hyperlipoproteinemia, and other risk factors

Animal models: Arteriosclerosis, high blood pressure, cerebral vascular disease, genetic defects

Hyperlipoproteinemia in young people

Environmental risk factors

Life-style and personality attributes in relation to disease and therapy

Cholesterol and lipid metabolism

Diabetes and cardiovascular disease

Blood coagulation

2. Hypertension

About 23 million adult Americans have hypertension (high blood pressure), a disorder that is more common in the black population than in the white population. It predisposes one to arteriosclerosis and stroke, and is a risk factor for heart attack and heart failure. In more than nine out of ten cases of hypertension, the case is unknown, and the disorder cannot yet be prevented or cured; however, treatment and control are possible.

Fields of Study

Behavioral
Sciences
Biochemistry
Biostatistics
Epidemiology
Genetics
Health Education
Morphology
Pathology

Pharmacology Physiology Areas of Research

Causes and progression of high blood pressure

Therapy

Blood pressure in children: Epidemiology, early prevention of high blood pressure,

High blood pressure education

3. <u>Cersbrovascular Disease</u>

Cerebrovascular disease occurs when an artery supplying blood to the brain is blocked, ruptured, or lajured. It is due primarily to arteriosclerosis and hypertension, and may result in death, paralysis, or brain damage.

Anatomy
Behavioral
Sciences
Biochemistry
Bioengineering
Biostatistics
Epidemiology
Genetics
Hernatology
Pathology
Physiology

Radiology

Areas of Research

Etiology and pathogenesis

Animal models: Atherosclerosis in the cerebrovascular arteries

Diagnosis by invasive and noninvasive techniques

Environmental and life-style factors

4. Coronary Heart Disease

A heart attack is a manifestation of coronary heart disease and occurs when a coronary artery is blocked by atherosclerosis, preventing blood from reaching the heart muscle. This causes death of the heart muscle (myocardial infarction). A small or a large fraction of the total heart may be involved, depending upon the site of the coronary blockage.

Fields of Study

Behavioral
Sciences
Biochemistry
Endocrinology
Genetics
Nutrition
Morphology
Pharmacology
Public Health
Administration
Rehabilitation

Areas of Research

Heart attacks: Precipitating mechanisms and factors

Therapy: Drugs, surgery, emergency medical care systems, cardiac rehabilitation

Personality factors as risk factors

5. Peripheral Vascular Diseases

Peripheral vascular diseases are caused by abnormalities that occur within arteries or veins. Atherosclerotic narrowing may result in inadequate blood flow through the arteries. The veins may become dilated (varicosities) or inflamed or obstructed by blood clots (thrombophlebitis). These diseases may result in organ damage, skin ulcerations, and gangrene.

Fields of tudy

Bioengineering Epidemiology Genetics Hematology Pharmacology Physiology Radiography Rehabilitation

Areas of Research

Causes: Neural control of vascular tone, mechanisms of smooth muscle action, peripheral atherosclerosis

Diagnosis: Instrumentation

Therapy: Drugs, surgery

Rehabilitation.

6. Arrhythmias

Arrhythmias, or abnormal heart rhythms, are frequently the immediate cause of heart failure and death. Arrhythmias result from an alteration in the normal generation and transmission of electrical impulses within the heart.

Fields of Study

Biochemistry
Biochemistry
Biochemistry
Electrophysiology
Pharmacology
Physiology
Rehabilitation

Areas of Research

Rhythm disturbances associated with inadequate blood supply to heart muscle

Therapy: Antiarrhythmic drugs

7. Heart Failure and Shock

Heart failure and shock are major causes of death and may be the consequences of various disorders, ranging from inadequate pumping by a severely damaged heart (cardiogenic shock), loss of blood (hemorrhagic shock), to impairment in the control of arterial tone.

Fields of Study

Biochemistry
Bioengineering
Biostatistics
Cell Biology
Electrophysiology
Physiology

Areas of Research

Fundamental processes associated with heart muscle survival

Therapies for minimizing heart muscle damage

Myocardial metabolism

8. Congenital and Rheumatic Heart Disease

Congenital heart disease occurs when the heart or major blood vessels near the heart fail to mature normally before birth. There are 35 recognizable types of congenital heart defects, and about 25,000 babies are born each year with heart defects. Rheumatic heart disease is an immunological disturbance that frequently occurs years after initial rheumatic fever. It can lead to serious damage to the heart valves.

Fields of Study

Biochemistry
Bioengineering
Electrophysiology
Epidemiology
Genetics
Immunology
Public Health
Administration

Areas of Research

Heart disease in children: Congenital heart disease, rheumatic fever and heart disease, precursors of heart disease in adults

Early recognition of cardiac problems in the newborn: Instrumentation for detection, diagnostic and surgical facilities, professional education, interhospital communication and transportation

9, Cardiomyopathies and Infections of the Heart

Cardiomyopathies and infections of the heart are diseases of the heart muscle and its lining that cause enlargement of the heart, heart failure, irregularities of the heart rhythm, and occasionally, sudden death. Known factors producing cardiomyopathies include toxic substances, viral infections, alcohol, immunological phenomena, nutritional deficiencies, muscular dystrophy, and a number of rare diseases. Infections may affect the heart muscle (myocarditis), its interior wall (endocarditis), or its exterior surface (pericarditis). They may be caused by certain viruses, bacteria, or fungi.

Fields of Study

Biochemistry
Epidemiology
Genetics
Immunology
Pharmacology
Physiology
Virology

Areas of Research

Causes and epidemiology of cardiomyopathies and infections of the heart

Therapy

Mechanisms of myocardial damage

10. Circulatory Assistance

Circulatory assistance devices are designed to improve the mechanical function of the heart, the apparatus generally involves electronic, pneumatic, hydraulic, and mechanical systems and biocompatible materials.

Fields of Study

Behavioral Sciences

Biochemistry Bioengineering

Electrophysiology

Physiology

Polymer Chemistry

Radiography

Areas of Research

Noninvasive and invasive instruments for assessing cardiovascular performance.

Circulatory assist and artificial heart systems

Biocompatible, materials



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Virology	•	,	<u> </u>			1	~ .				1



DIVISION OF LUNG DISEASES

Chronic lung diseases included in the program of the Division of Lung Diseases affect about 10 million Americans, cause about 150,000 deaths per year, and cost the national economy about \$6 billion.

Research programs of the Division focus on three specific areas;

- structure and function of the lung to increase our understanding of the disease process;
- specific pulmonary diseases which constitute national health
 problems, but for which information is insufficient to provide solutions; and
- avallability of technical resources to solve specific health problems.

RESEARCH PROGRAMS

Structure and Function of the Lung

As a gas exchanger, the lung provides oxygen to the blood and removes excess carbon dioxide. Nonrespiratory functions include metabolism and defense of the system. Fundamental knowledge is needed about the functions and structural components — such as airways, alveoli, collagen, elastin, and cell types — to solve the problems of pulmonary disease.

Fields of Study
Biochemistry

Cell Biology
Histology

Immunology — Molecular Biology Morphology

Pharmacology Physiology Areas of Research

Lung Structure:

Gross morphology — Airways, alveoli Connective tissue — Collagen, elastin

Cell structure

Lung Function:

Respiratory function — Gas exchange, mechanics

Metabolic function — Intermediary metabolism, phospholipid and protein synthesis; production, release, and metabolism of pharmacologically active compounds Defense function — Cellular, immunological

2. Pediatric Pulmonary Diseases

The most important disorders of childhood involving the lung and airways are hyaline membrane disease (neonatal respiratory distress syndrome), cystic fibrosis (abnormal mucus secretion), and bronchiolitis.

Fields of Study

Biochemistry Bioengineering

Cell Biology Epidemiology

Genetics •

Molecular Biology Pharmacology

Physiology

Radiography Rehabilitation Areas of Research

Prenatal and neonatal environment: Biochemical and physiologic features, alterations of

Devices to assess pulmonary function

Therapy: Physiotherapy, bronchodilators, pharmacologic agents

3. Emphysema and Chronic Bronchitis

Emphysema is a disease in which thin walls in the alvaoli lose their elasticity and tear. Chronic bronchitis is a persistent inflammation of the lungs, characterized by recurrent coughing and excessive much in the airways.

Fields of Study

Biochemistry Bioengineering

Biostafistics Epidemiology

Genetics

Morphology Pathology

Physiology Radiography

Rehabilitation

Areas of Research

Tissue destruction: Response to injury, repair processes

Etiology and pathogenesis: Host factors,

environmental agents

Early detection



4. Fibrotic and Immunologic Lung Diseases

Fibrotic responses (proliferation of connective tissue or scar formation) and immunologic responses are characteristic of a variety of lung diseases, such as asthma. Among the factors that may induce these responses are exposure to substances such as coal dust, silica, and asbestos in the environment, viral and bacterial infections, diseases of the connective tissue such as rheumatoid arthritis, lupus, and scleroderma, radiation damage, and exposure to substances like molds and dust that initiate hypersensitive reactions.

Flelds of Study

Behavioral Sciences Biochemistry Immunology Molecular Biology Morphology

Pharmacology Virology Areas of Research

Hypersensitivities: Asthma; defense mechanisms; pharmacologic agents to modify connective tissue reactions

Fibrosis: Biosynthesis and degradation of collagen and elastin

5. Respiratory Failure

Respiratory failure occurs when the lungs are unable to maintain proper levels of oxygen and carbon dioxide. Respiratory assistance can be provided by mechanical devices (ventilators or membrane oxygenators) that support the gas transfer functions of the lung.

Fields of Study

Biochemistry

Bioengineering Cell Biology Molecular Biology

Molecular Biology Physiology Areas of Research

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Response to oxygen and carbon dioxide

Respiratory, assistance

6. Pulmonary Vascular Diseases

Pulmonary vascular diseases include cor pulmonale, pulmonary hypertension, and pulmonary edems. Cor pulmonale is enlargement of the heart caused by an increased workload of the right ventricle resulting from conditions that affect the pulmonary circulation. Pulmonary hypertension is characterized by elevation of pulmonary arterial pressure. Pulmonary edema is a pathologic state in which there is abnormal extravascular storage of fluid in the ling.

Fields of Study.

Behavioral Sciences Biochemistry Bioengineering - L Epidemiology Morphology

Pharmacology

Physiology

Areas of Research

Pulmonary hypertension and cor pulmonale. Smooth muscle vasculature, noninvasive de-

vices for detection' and monitoring

Edema: Dynamics of exchange of water, protein, and electrolytes; biochemistry of edema fluid

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Public Health Management					• .		
Radiography		•	•	•	•	• .	,
Rehabilitation		•,	•	•		٠.	
Vírology							1

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DIVISION OF BLOOD DISEASES AND RESOURCES

The Division of Blood Diseases and Resources supports programs that encompass fundamental and clinical research and development, research training, health education, and the demonstration of new procedures and techniques in the diagnosis, treatment, and control of blood diseases, as well as the proper management and utilization of the national blood resource. As its major goal, the Division is attempting

- to reduce and ultimately prevent morbidity and mortality from diseases of the blood by determining the cause of these diseases and by improving the diagnosis, treatment, and cure of blood diseases, and
- to facilitate means for providing adequate quantities of safe blood at reasonable costs to all who need it through research into the effications use of blood and blood components and the management of blood resources nationally.

RESEARCH PROGRAMS

- BLOOD DIŠEASES BRANCH

1. Thromboembolic Disorders ...

Thrombosis and embotion contribute to the high morbidity and mortality associated with diseases of the heart and blood vessels. Venous thrombosis can result in pulmonary embolism, and thrombosis may affect the clinical course of many disorders in almost every organ in the body

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Fie	lds of Study
Anatomy	Hematology .
Biochemistry	Histology
Bioengineerin	g Immunology
Biophysics	Molecular Biology
Biostatistics	Morphology
Cell Biology	Nutrition
Chemistry	Pathology ·
Endoc rtnology	Pharmacology
Epidemiology	Physiology
1 .	Radtography

Thrombosis as related to other (diseases

Prevention and therapy: low-dose hepartn and drugs that inhibit the adverse effects of platelets and dissolve clots

Diagnosis: instrumentation and chemical and biological assays

Areas of Research

pasic mechanisms of thrombosis in animal models

Structure and function of blood

Structure and function of blood vessel walls

2. Platelets and Platelet Disorders

Normal platelets have a function in the coagulation of blood and in the contraction of the clot and therefore participate in thrombosis and hemostasis. Consequently, the Blood Diseases Branch is interested as much in the normal functioning of platelets as in the disorders of platelets.

Fields of Study

Anatomy	Genetios
Biochemistry	Hematology '
Biophysics	Histology,
Biostatistics	Immunology
Cell Biology	Molecular, Biology
Chemistry	Pathology
Endocrinology	Pharmacology
Enideminlogy	Physiology

Areas of Research

Genetic and acquired bases of platelet disorders

Function of platelets in hemostasis

Agents or drugs that prevent platelet aggregation

3. The Hemophilias

The hemophilias are genetically transmitted bleeding disorders that are characterized by the inability of the blood to clot normally. An individual with hemophilia, for example, is subject to spontaneous life-threatening bleeding episodes that can be controlled only by prompt replacement of the missing or inactive clotting factor.

Fields of Study

Anatomy	Genetics
Behavioral Sciences	Hematology
Biochemistry	Histology
Biophysics	Immunology
Biostatistics	Molecular Biology
Cell Biology	Pathology
Chemistry	Pharmacology
Endocrinology	Physiology .
Epidemiology	Rehabilitation

Areas of Research

Genetic and pathologic mechanisms

Antihemophilic factors from human and animal blood and synthetic sources of these factors.

Quality and supply of Factors VIII and IX

Coagulation defect with uremissend liver disease

Therapy: side effects, psychosocial aspects, and substitution therapy where there is hepatic failure

4. Cooley's Anemia and Hemoglobin Variants

Cooley's anemia (thalassemia) is an inherited disorder of hemoglobin synthesis that results in anemia and a shortened life expectancy. Adequate treatment for the disease is not available. Although blood transfusions are used for treating anemia, they result in the accumulation of a serious excess of iron in the patient's body.

Fields	f Stidy
Anatomy	+ Hématology
Biochemistry	Histology
.,	Immunology
Biostatistics	Molecular Biology
Cell Biology	Pathology
Chemistry	Pharmacology
¥Geneti¢s	Physiology '

Į	Areas of Research
1	reening, genetic counseling, and treatment techniques for Cooley's anemia
	helating agents that prevent or , `control the iron overload from transfusion therapy
	on metabolism and hemoglobin' synthesis
	enetic aspects, such as mutation frequency and gene loci

5. <u>Erythropoiesis</u>

Erythropoiesis is the process of red blood cell production, which is regulated by the hormone erythropoietin. As primary goals of this program, the Blood Diseases Branch is attempting to stimulate application of the knowledge gained from studies on erythropoiesis to the cure of diseases from stem-cell differentiation, such as aplastic anemia and other disorders of red blood cell production, and to obtain adequate supplies of erythropoietin for use in clinical research.

Fields	of Study
Anatomy Biochemistry Biophysics	Histology Immunology Molecular Biology
Cell Biology Chemistry Endocrinology Genetics Hematology	Morphology Pathology Pharmacology Physiology Rehabilitation

Areas of Research.

Red blood cell proliferation

Sources of erythropoietin.

Methods for assay of erythropoietin

Use of erythropoietin therapy for refractory anemias

Purification and characterization of erythropoietin

BLOOD RESCURCES AND TRANSPLANTATION BRANCH

Management of the National Blood Supply

In supporting research in the management of the national blood supplys the Blood Resources and Transplantation Branch is attempting to assure the accessibility and quality of blood and blood products to everyone in need of them.

Fields of Study
Behavioral Sciences
Biostatistics
Hematology

felds of Research

Establishment of an all-volunted blood-donor system

Efficient administration of the national blood supply

Delivery of blood services on a regional basis

Establishment of a national blooddata system

2. Safety of Blood Transfusions

Unless great care is taken in the collection, preparation, and storage of the blood intended for transfusion, diseases or adverse reactions may be transmitted or caused by transfused blood. Currently, the risk of infection of toxic reaction from the transfusion of blood and blood products is unacceptably high.

Fields o	f Study
Anatomy	Genetics
Behavioral Sciences	Hematology
Biochemistry	Histology '
Bioengineering	Immunology · •
Biostatistics	Molecular Biology
Cell Biology	Pathology
Chemistry	Pharmacology
Epidemiology	Physiology
•	Virology

Areas of Research

Nontoxic, moldable, biologically
inert substances for blood-storage
containers

Donor-recipient identification of
blood for transfusion

Post-transfusion hepatitis

Sensitive, specific tests for detection of hepatitis in blood

Animal models for human hepatitis

Safety and efficacy of hepatitis-B
hyper-immune globulin





Therapy with Blood Components

Currently, whole blood is used in more than three out of four transfusions, although in most cases only the red blood cells are needed. Reducing the use of whole blood increases the availability of blood components, which are often in short supply.

Fields of Study

Anatomy
Biochemistry
Ceil Biology
Chemistry
Hematology
Histology
Immunology
Molecular Biology
Pathology
Pharmacology
Physiology
Virology

Areas of Research

Methods for production of blood components and derivatives

Platelet transfusion

Therapy with platelet, leukocyte, and granulocyte transfusions

Use of blood substitutes for plasma volume expansion and for oxygen delivery

Allergic reactions to intravenous administration of plasma proteins

4. Blood Substitutes

As a major goal, the Blood Resources and Transplantation Branch is supporting the development of a clinically useful blood substitute that will permit conservation of natural blood and blood products.

Fields of Study

Anatomy Biochemistry Bioengineering

Biophysics Cell Biology

Chemistry Hematology

Histology Immunology Molecular Biology

Pathology Pharmacology Physiology Areas of Research

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Fluoro-carbon compounds

Stroma-free hemoglobin solutions

5. Transplantation Resources

With regard to transplantation resources, the Blood Resources and Transplantation Branch is supporting the development of tissue and organ banking, as well as the feasibility of using the current blood banking system for tissue and organ networks. The Branch is also supporting the implementation of an effective, nationwide transplantation system.

Field	ls of Study
Anatomy	Histology
Biochemistry	Immunology
Biostatistics	Molecular Biology
Cell Biology	Pathology 7
Genetics.	Pharmacology
Hematology	Physiology
	Virology

Areas of Research

Resources that facilitate transplantation therapy

Possible participation of regional blood centers in collecting, processing, and distributing tissues and organs for transplantations.

plantation

SICKLE CELL DISEASE BRANCH

Sickle Cell Disease.

Sickle cell disease is a hereditary disorder that results from the presence of an abnormal hemoglobin (S) in the red blood cells. This hemoglobin, which aggregates within the deoxygenated blood cells and forms a crescentic or "sickle shape," results in a chronic anemia, multiple organ involvement, and painful "crises." Currently, treatment is primarily of the symptoms only.

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Areas of Research

Hemoglobin synthesis

Structural studies of hemoglobin

Anti-sickling agents

Complications of sickle cell disease

Rheology (blood flow)

Animal models for sickle cell disease

Diagnosis.

Red-cell membrane alterations

Education, counseling, and rehabilitation



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